

# Class Schedule and Descriptions (2003)

*Lessons are conducted in 2 week Sessions, Monday thru Thursday  
Classes are offered in the mornings and in the evenings*

## Introduction to Water: 6 months to 3 years (parent assisted)

Water exploration ~ Kicking ~ Floating and Gliding ~ Arm movement  
~ Rolling over ~ Into to using life jackets ~ Safely entering/exiting the pool

## Introduction to Strokes: 3 to 5 years

Kicking ~ Floating and Gliding ~ Arm movement ~ Using life jackets ~ Safely entering and exiting the pool

*The following classes are for children 5 years and older*

## Level 1: Water Exploration

Submerging face for 3 seconds ~ Assisted floating and gliding ~ Kicking and alternating arm action ~ Blowing bubbles ~ Getting help ~ Basic safety rules

## Level 2: Primary Skills

Retrieving underwater objects ~ Deep water orientation ~ Front/back floating, gliding, and kicking ~ Rhythmic breathing ~ Swim 5 yards with arms and legs

## Level 3: Stroke Readiness

Bobbing ~ Entering deep water with life jacket ~ Basic front diving ~ Treading water ~ Elementary backstroke ~ H.E.L.P. position ~ Intro to rescue breathing

## Level 4: Advanced Beginner

Deep water bobbing ~ Rotary breathing ~ Diving from side of pool ~ Back crawl, front crawl, elementary backstroke, breaststroke, sidestroke ~ Wall turns

## Level 5: Intermediate

Alternate breathing ~ Diving from board ~ Stride jump ~ Front and back crawl for 50 yards ~ Elementary backstroke for 25 yards ~ Sidestroke and breaststroke for 10 yards ~ Underwater swim ~ Dolphin kicking ~ Spinal injuries

## Level 6: Swimmer

Demonstrating hurdle approach ~ Hurdle and Jump tuck ~ Enhancing strokes ~ Flip turns ~ 100 yards front and back crawl ~ Butterfly ~ Spinal injury victims

## Level 7: Advanced Swimmer

Performing springboard dives ~ Swimming continuously 500 yards ~ Treading water for 5 minutes ~ Perfecting all strokes



	IW	IS	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7
<b>Session 1</b> June 2-12	10:10 - 10:40am 11:50 - 12:20am	9:00 - 9:30am 9:35 - 10:05am	9:00 - 9:40am 9:50 - 10:30am	9:00 - 9:40am 10:45 - 11:25am	9:00 - 9:40am 9:50 - 10:30am	9:00 - 9:40am 10:45 - 11:25am	9:50 - 10:30am 10:45 - 11:25am	10:45 - 11:25am	9:50 - 10:30am
<b>Session 2</b> June 16-26		10:40 - 11:10am 11:15 - 11:45am	11:35 - 12:15am	11:35 - 12:15am	11:35 - 12:15am	11:35 - 12:15am			
<b>Session 3</b> June 30-July 10	7:10 - 7:40pm 8:00 - 8:30pm	6:00 - 6:30pm 6:35 - 7:05pm	6:00 - 6:40pm 7:45 - 8:25pm	6:00 - 6:40pm 6:50 - 7:30pm	6:50 - 7:30pm 7:45 - 8:25pm	6:00 - 6:40pm 7:45 - 8:25pm	6:00 - 6:40pm	6:50 - 7:30pm	7:45 - 8:25pm
<b>Session 4</b> July 14-24	6:50 - 7:20pm	7:25 - 7:55pm							